

achieved, detailed understanding of the mechanism of action of genes and enzymes and of the manner in which abnormal molecules produce disease will transform medicine from "macroscopic and cellular medicine to molecular medicine."

All of the participants agreed that one of the most significant trends in research in the past few years was the attempt to describe biological phenomena in chemical and physical terms. Schramm's chapter elaborates this theme, particularly with respect to the gene as the producer of a specific enzyme and the consequences thereof. Burnet summarized his contribution "that the phenomena of immunity are based on an evolved specialization of the capacity of all cells to mutate, that cancer is a manifestation of the selective short-term survival of cells which have gained proliferative advantage by sequential mutation, and that old age and death represent the cumulative effect of a burden of somatic mutation in the body cells."

Von Muralt summarizes very succinctly the ionic theory of excitation and the relationship between the nerve impulse and the contraction of muscle. He considers the "single unit approach," the intra-cellular microelectrode and radioactive isotopes as making possible the insights of the last decade in his field.

Many more illustrations could be given but perhaps enough has been said to whet the reader's appetite for a stimulating adventure into the thinking of superb minds. The book can be very heartily recommended.

MAURICE SOKOLOW, M.D.

\* \* \*

#### EXPERIMENTS AND OBSERVATIONS ON THE GASTRIC JUICE AND THE PHYSIOLOGY OF DIGESTION

—William Beaumont, M.D., Surgeon in the United States Army. Facsimile of the Original Edition of 1833, together with a Biographical Essay, A Pioneer American Physiologist, by Sir William Osler. Dover Publications, Inc., 180 Varick Street, New York 14, New York, 1960. 279 pages, \$1.50.

Most people are not aware of William Beaumont's excellence as a physiological observer, and doctors are indebted to the editor and the publishers of this admirable reprint of "The Physiology of Digestion." The original issues have become very scarce and expensive, the first and second issues of the Plattsburgh volume now bringing about from \$40 to \$80 and thus being not readily available.

Furthermore ancillary matter of great interest has been incorporated with the reprint of the original book. Osler's essay on the "backwoods physiologist" telling much of the exciting story of Beaumont's relations with the temperamental St. Martin makes delightful reading.

The observations are too well known to allow analysis in this review; suffice it to say that their clarity and precision are unsurpassed in this sort of writing. Beaumont laid the foundations of the modern concepts of the physiology of digestion; more than this he cleared away much confusion and unsoundness in connection with the subject:

ARTHUR L. BLOOMFIELD, M.D.

\* \* \*

**THE LIST METHOD OF PSYCHOTHERAPY**—Elizabeth Sher, Eleanor Messing, Theodora Hirschhorn, Enis Post, Annette Davis, and Arthur Messing. With an Introduction by Jacob S. List. Philosophical Library, 15 East 40th Street, New York, 1960. 258 pages, \$7.50.

This book consists of a collection of papers written by the "disciples" of Jacob List, each one of whom had been previously treated and trained by him. The method he uses, which is described, relies heavily on a planned interaction between patients in the reception room and in other social situations designed to alter a patient's patterns of behavior,

and on patients' returning to school in order to divert their attention from the problems which make them seek help in the first place. It would appear that patients who are treated by List and his group are those who are already aware of the existence of self-defeating patterns of behavior and who wish to change.

List is a former probation officer who studied psychology but was disillusioned by it as a discipline that could help people. He emphasizes that none of the contributors to this volume are "psychologists"—"they are holders of doctorates in education, not in psychology in the American Psychological Association sense." He belittles the experimental approach and emphasizes the interpersonal and social origins of neurotic disorders that were originally stressed by Fromm, Horney, and Sullivan.

He makes no distinction between types of cases treated; diagnosis is not mentioned. He provides no valid proof for the generalizations that are made regarding treatment. He uses Ferenczi as the authority to justify the warm, close relationship he fosters between the patient and his therapist—which includes such things as going to the toilet together, in part to facilitate discussion of bodily functions.

It is of interest that clients are sometimes referred to as "patients" and sometimes as "clients," suggesting some confusion in the self-image of the therapist. Psychotherapists are repeatedly equated with psychoanalysts—as if they were the same.

The book attempts to justify the entrance into one or another phase of the practice of medicine of individuals who possess unique ability rather than the minimal educational standards now required. It represents an approach that threatens to produce a chaotic situation in the healing arts and especially in the treatment of patients with emotional disorders—an approach which is consistent with the increasing trend on the part of social scientists to view man as a psychological organism rather than a psychobiological organism who is adjusting to his culture as well as to many other forces.

NORMAN Q. BRILL, M.D.

\* \* \*

#### ANATOMY—A Regional Study of Human Structure—

Ernest Gardner, M.D., Wayne State University; Donald J. Gray, Ph.D., Stanford University; and Ronan O'Rahilly, M.Sc., M.D., Wayne State University. Illustrated by Caspar Henselmann. W. B. Saunders Company, Philadelphia, 1960. 999 pages, \$15.00.

The number of hours devoted to Gross Anatomy in the medical school curriculum has been drastically cut during the past few decades. A remedy for this condition has been the appearance of several textbooks written from the regional approach for more rapid comprehension by the student. The most recent and in many ways the best of these regional treatises is the collaborative effort of three eminent anatomists, Dr. Gray of Stanford University and Drs. Gardner and O'Rahilly of Wayne State University.

With about seventy-five years of collective teaching experience, these authors have assembled the basic facts, principles and concepts of anatomy with a clear, fresh viewpoint. After several brief authoritative introductory chapters on systematic anatomy, development and growth and radiological anatomy, the body is presented regionally, starting with the extremities and ending with the head and neck.

The regional descriptions include unique chapters on surface anatomy, physical examination and radiological anatomy. The book is superbly illustrated, with abundant original semidiagrammatic line drawings to clarify developmental aspects and functional concepts and with carefully selected photographs from life and x-ray plates. Descrip-